

## Jesuit High School explores doubt and faith in 'Tower Stories: A 9/11 Project'

See page 8

Marty Relles presents  
'Janey Way Memories'

See page 6

COMMUNITY CALENDAR, PAGE 21 • KNOW YOUR NEIGHBOR, PAGE 14 • FACES AND PLACES, PAGES 23-23

### Inside This Edition



Authentic taste of New York

See page 16



Food tips at local Indian market

See page 10



# 'The Last Full Measure of Devotion'

## Wall of Honor ceremony to induct David A. Warne

See page 22

### Care In The Face of Life-Limiting Illness

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Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

**Publisher**..... George Macko  
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**Distribution/Subscriptions**..... George Macko

Vol. XIX • No. 20

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Cover photo by:  
**Courtesy**  
Other photos by  
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# October is 'Breast Cancer Awareness Month' Sacramento's 'Albie Aware' provides needed help to breast cancer victims

By CINDY LOVE  
Executive director, Albie Aware, Inc.  
Arden-Carmichael News guest  
columnist

I have a favorite picture in my office of my husband, Jack, dressed up like a cowboy when he was five years old. His demeanor is very serious. He appears to be ready to take on any upcoming cowboy situation. Several years ago our son, Bryan, who also happens to adore this picture, used it for a sales brochure with the slogan, "There's a new Sheriff in town."

The little boy in this picture inspires me. He is a reminder that, though you may be small, you can do big things.

Albie Aware, while not exactly the new sheriff, is a local breast cancer foundation serving women and men in this community. Albie Aware (sounds like "I'll be Aware") was created in memory of Albie Carson who lost her battle with breast cancer on July 4, 2002. Our focus is a little different than the big, national breast cancer organizations.

Our mission is to save more lives and empower people with breast cancer through

awareness, education and support. We help provide direct services such as mammograms, MRIs, PET and PEM scans to people who do not have insurance, or who need assistance in covering their co-pays. We also help with medication and treatment co-pays. But that's not all.

Albie Aware reaches out to under served and low income people by teaching the importance of early-detection and screening, patients' rights to those who do have cancer, and the importance of counseling and emotional support during and after treatment. When people are diagnosed with breast cancer, they often find their world turned upside down. We attempt to inform them of their available community resources.

Our foundation is just over six years old and last year we met our goal of serving and reaching out to 1,000 women. Yet we are just beginning. The gap between the need for – and the availability of – breast cancer services is wider than ever. To date, our foundation has been solely funded by our fundraising efforts and do-



Photo courtesy  
The late Albie Carson. Albie Aware is a local breast cancer foundation that was founded in memory of Albie, a Sacramento resident who lost her battle with breast cancer in 2002. The organization served over 1,000 women last year.

nations. Our community partners and collaborations are critically important to our future success. If you have available resources that you would like to share, or if you would like to participate in one of our many fundraisers, we welcome you. Our website is [www.albieaware.org](http://www.albieaware.org), or you can call me at (916)927-1592.

And, by the way, if you are in my neighborhood and find yourself in need of a little in-

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# Leading to election, proponents and opponents of Arden Arcade cityhood present their final arguments

By **BENN HODAPP**  
Arden-Carmichael News writer  
benn@valcomnews.com

The 100,000 residents of the proposed city of Arden Arcade have reached the final days to make up their minds on Measure D. More and more big names in the Sacramento area are coming out and taking sides on the issue. Most notable in opposition is Sacramento County Sheriff John McGinness.

The sheriff's concerns are that while Arden Arcade may be fiscally viable, there is an unknown factor that remains on just *how* viable it will be.

Joel Archer, chair of the Arden Arcade Incorporation Committee stands firm in his

belief that incorporation is the right move.

"Every Sacramento County Sheriff has opposed every incorporation effort," Archer said. "Thirteen years ago, Lou Blanas fought against the incorporation of Citrus Heights and we are thankful that they gained their independence."

In response to Sheriff McGinness, Archer pointed to the fiscal expert paid by the Local Agency Formation Committee (LAFCo) who said that Arden Arcade is "without a doubt" fiscally viable.

Stay Sacramento, a group dedicated to voting no on Measure D, lists the reasons why they think incorporation is bad for residents on its website. Among the rea-

sons included is the same fiscal analysis by LAFCo.

"The fiscal analysis could not conclude that the new city is financially viable because revenues go down over the course of the model. By year 10, net revenues are only four percent bigger than costs."

Their conviction is that with shrinking revenues after 10 years, the new city would soon be in a deficit.

With the Yes on D and No on D signs all over the area, Archer is confident that a new endorsement in favor of cityhood could push the committee's efforts over the top. He said to keep an eye out for public endorsements in favor of Measure D from local firefighters in the days leading up to the election.

Jay Boatwright, a candidate for Arden Arcade City Council, is optimistic as well.

"I am better than 50 percent confident," Boatwright said. "There is a better chance now than there was before."

He added that the county is mired in debt and that local control is very important. Incorporation, accord-

ing to him, would give the people of the area more control over what they want.

"The people that are against incorporation just don't have enough information," Archer said.

The information is out there for the residents of the proposed city, according to all parties. On Nov. 2, the public will cast its vote and decide for itself.

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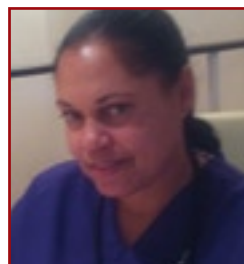
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**Proposed** City of Arden Arcade  
**Measure D** - NEUTRAL

## Arden Arcade City Council Candidates

**Ryan Arba**  
**Pat Cole**  
**Matt Gray**  
**Warren Harding\***  
**Robyn Salter**  
**Senator Deborah Ortiz (ret.)** for Los Rios Community College District 6  
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Janey Way Memories



# Hoops at St. Mary's School



By **MARTY RELLES**  
Arden-Carmichael News columnist  
marty@valcomnews.com

*Boom, boom, boom, boom.*

I remember that sound as if it were yesterday: the sound of Dave Jurin bouncing his basket ball down the street. Soon it bounced right up to my house.

"Marty, let's go down and play basketball at St. Mary's," Dave said, and off we went to the school.

The baskets at St. Mary's did not reach the regulation height of ten feet. They stood only nine feet high. Better for us, as we had not reached our full height yet.

Nor were the courts regulation length. No matter, we usually played half court ball anyway: one-on-one to a score of 22 points. You had to win by four points or the game continued. Dave and I were equal in size and skill so we played very competitive games.

Soon, other kids arrived and awaited their turn to play.

The winner of the first game played the next in line and so on. The loser sat out.

Dan Petrocchi often saw us and came over from his house on M Street. Don Agostinelli usually came over the fence from his N Street home as soon as he heard us playing. Jim Ducray played with us, as did Lou Viani.

If a total of four people showed up, we played two-on-two, half court basketball. If six showed up, we began playing a full court basket ball game.

We played basketball at St. Mary's almost year around. We didn't play in the rain or if it got real cold. Otherwise, we played daily, after school, before it got dark. As we had no coaching, we taught ourselves the "ins and outs" of competitive basket ball: dribbling, passing, shooting and defense. Later I utilized these skills in Catholic Youth Organization basketball. I did not play basketball in high school. I chose football instead, but the completion at St. Mary's was as intense as any organized competition.

When I grew taller, I learned to dunk the basketball on the 9-foot rims at St. Mary's. What a thrill that was to dunk the ball like Wilt Chamberlain did on television. I usually just did it in practice, but a few times I did it in actual games, to the "oohs" and "aahs" of my fellow competitors.

Sadly, I never could dunk the ball on a regulation 10-foot basket, but at St. Mary's I strutted my stuff.

We all did.

Dave had a smooth 10-foot jump shot. Dan drove hard to the basket to slam in lay-ups. Don dribbled practically through our legs to drive the hoop and score. We had some epic games.

I drove by St. Mary's School the other day, heading toward our family home on Janey Way. The baskets still stand exactly where we played 50 years ago. A new generation of children now play there.

I can still hear the sounds of the ball, the squeak of the shoes and the thump of bodies banging into one another. Another exhilarating Janey Way memory.



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# Vote YES on Measure D

# WHY CITYHOOD? WHY NOW?

## YES! IS THE ANSWER!

A yes vote on Measure D will solve Arden-Arcade's "service deficit." Our community currently gives more money to the county than we receive back in services. If we vote yes to cityhood, then we can retain our hard earned tax dollars and spend them on our priorities without raising taxes.

Please vote yes on Measure D if you want our community to have a responsive, efficient, and effective government. All of the candidates are dedicated to serving our community to make our future bright.

- Ryan Arba

## INDEPENDENCE

Allowing the county to continue to ignore our needs, even as we supplement their budget, is insane. Becoming our own city will increase law enforcement, provide for better community services and allow more local control over our destiny. Without incorporation, it will not be long before the dysfunctional City of Sacramento moves to annex us per their General Plan for 2030. Arden Arcade as a city can overcome challenges that the county continues to ignore at our peril. The LAFCO report shows Arden Arcade to be a viable city with conservative revenue estimates and liberal expenditure projections.

- Lance Christensen

## LOCAL CONTROL!

We need cityhood because we need local representation. Instead of one representative--who represents roughly 280,000 residents of Sacramento County-- and who must cooperate with the rest of the board of supervisors, each representing 280,000 additional Sacramento County residents-- we could have seven city council members. That's one representative, who lives in our community, for every 17,000 residents.

Our tax money would be spent locally. Instead of watching our revenue stream be spent on things that will never benefit us, we could restore our police protection, repair our infrastructure, enforce building codes, and prevent blight.

- Doug, Judy and Jenna Lewis

## DO THE MATH!

Do the math. The proponents of Measure D want us to take on a \$219 million debt over the next 30 years, or about \$2,190 per person. The opponents want us to stay with the County where we will owe: \$1 billion for unfunded pension debt and \$2.7 billion for general debt, or about \$6,350 per unincorporated county resident. While Arden Arcade would pay no interest on its \$219 million debt, the County pays interest on its debt and adds debt each year. Would you choose a \$2,190, interest free debt or a \$6,350 debt with interest?

- Bill Marshall

## I'M NOT GOING TO TAKE IT ANYMORE!

I believe the incorporation of Arden Arcade will help build a sense of community and allow all residents to make a difference by pulling together for the common good. We will all have some say, some control in what happens in our city. Even when we disagree the outcome will allow us to know the decision makers are listening. And the decision makers will have a vested interest in the community because it is their home too. I look forward to replacing the current governing body -- the County Board of Supervisors -- with a responsive, locally grown Arden Arcade City Council.

Why cityhood? Because I am not willing to stand by and watch the prostitutes take over where my kids go to school. Because I am not willing to see my local parks become the battleground for gangs. Because I am not willing to let my fire and parks departments be swallowed up by the City of Sacramento. Because I am not willing to let my neighborhood be defined by massage parlors and head shops. And because I am not willing to believe Stay Sacramento when they tell me everything is fine and none of this is happening. It's time.

- Ed and Jane Dickey

## WE HAVE THE MONEY!

Did you know there are 18 NEW CAR dealers in Arden Arcade? Did you know that auto sales are up in California 9.3% so far this year? Did you know that Arden Arcade generates \$2.2 million more in property tax revenue and \$2.6 million more in sales tax each year than that very successful and cash positive city of Citrus Heights, also a built out city? Did you know we can save money in this tight economy by competitively bidding for our municipal services? The positives outweigh the negatives. There might never be a better time to incorporate Arden Arcade!

- Jay Boatwright

## WE NEED TO ATTACK THE CRIME... CITYHOOD DOES!

Go to the sheriff's website [www.sacsheriff.com](http://www.sacsheriff.com), click on "Crime Mapping", click "agree", select all crimes, add your location and 1 mile radius, add 90 days then search.

As of 10/22/10 the corners of Fulton/EI Camino shows 264 crimes, Fulton/Arden 331, Bell/Hurley 327, and Fulton/Northrop 253. This crime wave will continue to move eastward across the area unless something is done now. What can the county do after all the cuts??

A new city will be able to direct law enforcement resources to tackle this growing problem. Join me and my wife in voting "YES" on Measure D.

- Ray, the Accountant, and Debi Martin

## ENOUGH GOVERNMENT WASTE!

Now is the right time for Arden Arcade cityhood! Faced with financial facts that support cityhood, opponents have resorted to "it's just not the right time". Every delay means the County siphons more of Arden Arcade's tax dollars to paper over its \$4 Billion debt. Every delay means Arden Arcade will suffer more cutbacks in services, see more crime and risk further deterioration. If we wait for the economy to pick up, our opponents will say "it's too expensive now, wait until things get cheaper". Let's not listen to the scare tactics. Let's not risk waiting any longer.

- Laura Lavallee

## WHY CITYHOOD NOW?

I asked myself the simple question "Is Arden-Arcade a better place to live now than 33 years ago when I moved to Arden Park?" My answer is NO as I've seen a dramatic decline in our quality of life.

Crime is up -- just recently Walgreens at Arden & Eastern was robbed -- blight in our community is on the rise, traffic control is non-existent; decline in County services and cuts to law enforcement serving a growing Sacramento County population; third year County budget deficits with more cuts expected in the foreseeable future.

The special interest groups opposing Measure D are lobbyists, unions, big developers and other influential parties whose first priority is to maintain political power. Do you want these groups shaping Arden-Arcade?

My special interest are my three grandchildren who I want to see grow up in a cleaner, safer Arden-Arcade. Vote Yes on Measure D!

- Stephanie Christensen

## IT'S ALL ABOUT THE COMMUNITY

I believe the incorporation of Arden Arcade will help build a sense of community and allow all residents to make a difference by pulling together for the common good. We will all have some say, some control in what happens in our city. Even when we disagree the outcome will allow us to know the decision makers are listening. And the decision makers will have a vested interest in the community because it is their home too. I look forward to replacing the current governing body -- the County Board of Supervisors -- with a responsive, locally grown Arden Arcade City Council.

- Barbara Marshall

## CITYHOOD AND SUCCESS ARE OUR ONLY OPTION!

Our community is changing and not for the better. We need to take control and halt the steady decline in our quality of life. The ONLY way to do this is to become a city. Three other local communities have become their own cities. The changes to these communities have been remarkable. There is no reason to believe that we can not duplicate their success. We can either Stay Sacramento and watch our community continue to decline or we can vote Yes on Measure D and create the community we all know we can be.

- Mike Grace, Arden Manor

## FOR ME.. THE CITIES ARE IMPROVING!

For me Cityhood is critical because I see the Arden area in decline even as other areas, like Citrus Heights and Rancho Cordova, are improving. Sacramento County is terribly mismanaged and incapable of tackling the problems here in Arden Arcade. We need more cops on the streets; the streets paved; better code enforcement; our older, obsolete commercial properties renewed or redeveloped' and, most importantly, local and responsive control of our future and our tax dollars.

- Stuart Snider, 20 year Arden resident

Paid for by YES on Incorporation Arden Arcade Cityhood 2010 FPPC# 1324973



# Jesuit High: 'Tower Stories: A 9/11 Project' explores doubt and faith

MELISSA CRONIN-BROWN  
Arden-Carmichael News writer

Jesuit High School will debut its upcoming production of "Tower Stories: A 9/11 Project" on Nov. 4. The unique play is a "documentary theater" piece based on re-

search, transcripts, and other sources about Sept. 11.

"This piece tells the story of that day in a fragmentary way from the moments before the planes hit the Twin Towers to the aftermath as people struggled to deal

with what happened," explained Jesuit play director Ed Traftone. "We're focusing on doubt and faith, and what happens to people when the worst occurs."

Jesuit High, which is the Sacramento area's all-male Catholic high school,

boasts a student body that hails from throughout the region. Likewise, the actors in the play are from throughout the area. It is anticipated that audience members from all age groups will come from Sacramento and the surrounding area.

Reactions from the audience may be varied. Audience members may remember the tragedy of 9/11 or have been affected by it...or may have only been little children when it happened nine years ago. Members of the public still have opinions about 9/11 in general because it truly gave an impact on every American, whether it is spoken about openly about it or not. The impact was greater for those who knew someone who personally experienced the tragedies in New York and Pennsylvania. Others may feel sympathetic, even if they do not have any close connections to the event.

Characters in the play include everyone from people on the street to members of the international and religious communities and rescue workers.

The play is intended to provoke thought. Questions that the director and actors wish the audience to consider include: What do you believe in times of tragedy? How are those beliefs challenged? Do they change? How do events like Sept. 11 change our individual thinking, as well as our concern for the world's safety?

"Everyone tells the story together," Traftone said. "There really aren't any leads. It's about a group coming together."

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The Black Box Theater where the play will be performed is located at 900 Gordon Lane (off Fair Oaks Boulevard) in Carmichael. For more information, call (916) 482-6060.

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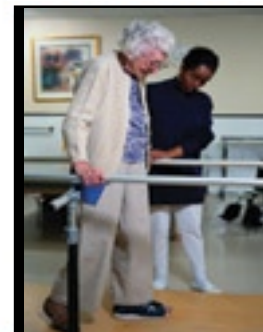
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# Kaveri Indian Grocery offers unique service in the Arden area

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
lance@valcomnews.com

Considering that Sacramento has been referred to as the most diverse city in the world, it should come as no surprise that located right here in the Arden area is a very popular Indian grocery store.

The 1,600-square-foot store, Kaveri Indian Grocery at 1148 Fulton Ave. #D, just south of Hurley Way, has built a strong reputation during its seven years of operation as a business offering a wide variety of quality, competitively-priced Indian groceries, as well as Pakistani, Fijian and Sri Lankan food products.

Born in Madras – now Chennai – India, the business's owners, Suresh Kannan and his wife Reena Suresh, who were married in 2001, opened the business less than two years later.

Suresh Kannan said that the store is very important to people in the Arden area who are interested in purchasing Indian groceries, since it is the only such store for several miles around.

"We are the only Indian grocery store in the Arden area and the closest (Indian grocery store) to us is (located) around 65th Street," Suresh Kan-

nan said. "There are more than 20 (Indian) grocery stores in the (Greater) Sacramento area, but there are only a few that everybody knows."

Suresh Kannan said that his store is considered one of the best Indian grocery stores for actually purchasing groceries, since many Indian grocery stores focus more on DVD movies and other non-food items.

Although Kaveri Indian Grocery has a fair selection of DVD movies and audio CDs in India's national language of Hindi and in the Indian languages of Tamil and Telugu, as well as brass figurines, incense, herbal soaps and other non-food items, the store concentrates on Indian foods.

Among the Indian food products available at the store are dry lentils, basmati rice, wheat flour for making breads, pickles, packaged goat and lamb meats, and almond, coconut, sesame, mustard and olive oils.

The store also carries samosas – a very popular, traditional, triangular-shaped Indian pastry, which is filled with spiced meat or vegetables – as well as a mix for making idli, which is a steamed rice and lentil cake that is prepared and cooked in a manner similar to pancakes.



Arden Carmichael News photo, Lance Armstrong  
Suresh Kannan and his wife Reena Suresh have owned and operated Kaveri Indian Grocery since 2003.

Reena Suresh said that customers of the store can undoubtedly find plenty of Indian spices for cooking.

"Of course, we have spices," she said. "Without spices, Indian cooking is not really Indian cooking. And not all Indian spices are (spicy) hot. There are some that are really, really hot, where you can stay away from it or use less. But we tell you how to use them, like minimum use."

Educating customers about the store's food products and how to make Indian meals, in fact, is one of the business's unique qualities, Reena Suresh said.

"If someone needs help with (a product) or wants to know how to make (a certain Indian food dish), we

See Indian Grocery, page 11

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# Indian Grocery: Local couple started business in 2003

Continued from page 10

will help them find the right (ingredients) and (learn) how to use them," she said. "We tell them (if a product) has preservatives or (if) it doesn't have preservatives and this is what it's going to do."

Reena Suresh added that such educational tips can be very helpful, considering that cooking varies from region to region in India.

"Northern Indian cooking is different from southern Indian cooking and then eastern and western (Indian cooking)," she said. "You come in (the store) and you're going to see everything. I'm from southern India, but I just didn't keep my place like that. You come in here and you get every part of India."

And for those who either do not feel like cooking or do not have the time to cook, Kaveri Indian Grocery also offers a variety of pre-prepared meals and foods that require very little preparation.

One such item is an all-natural spinach and buffalo milk mozzarella cheese, personal sized naan pizza with a hand-stretched, tear-shaped, artisan crust. And as is indicative of many of the store's competitive prices, this item is offered for the low price of \$1.99.

Despite the fact that this neighborhood grocery store caters to a clientele that is about 80 percent East Indian, Reena Suresh said that other cultures

have continuously become more interested in the store's offerings.

One of the reasons for this interest, she explained, was that more locals of different cultures are learning about the health benefits of many of the store's products.

Explaining such benefits, Reena Suresh said, "Sesame oil is good for your heart. Also, neem (which is derived from a tree of India) is good for the skin. I've (sold) neem soap or neem oil for people with skin eczema and they don't need to put on anything else. Use it the way it is directed. One drop of neem oil and have it as your wash every day and you won't get eczema back again. And neem toothpaste is very good. You don't get cavities. A lot of people come in (to the store) looking for (neem). We also have a lot of other herbs in the capsule form that are good for you. And for people who have cancers, we give them the freshest (products). We don't give them processed food. We show them like how this lentil is really good and we show them how many minutes you have to cook (the lentils)."

Although Kaveri Indian Grocery is open daily from 11 a.m. to 9 p.m., customers can also inquire about the store, its products and Indian food recipes 24 hours per day through the store's Facebook page, which can be



Arden Carmichael News photo, Lance Armstrong

The store offers a wide variety of quality and competitively-priced Indian groceries, as well as Pakistani, Fijian and Sri Lankan food products.

found through a search of the business's name.

Suresh Kannan, who later added the Arden area-based information technology and business services management company, Brainware Solutions, in which he owns, to his business endeavors, said that operating a business with his wife is a dream come true.

"I landed in the U.S. in 1998 and since then I always wanted to have my

own business," Suresh Kannan said. "We didn't have any prior plans of a specific business we had to have, but we looked at this (Indian grocery business) as a low-risk, easy entry thing."

And fortunately for Suresh Kannan and Reena Suresh, this dream became a reality.

For additional information regarding Kaveri Indian Grocery, call (916) 489-1558.



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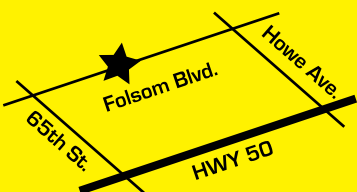


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Know your neighbor

# Eagle Scout candidate builds 'Frisbee' disc golf course

By MARC MALONEY  
Arden-Carmichael News writer

Disc golfers can attempt to score some eagles on a new disc golf course designed and built by a local teenager as his Eagle Scout project.

The new 9-hole disc golf course in Santa Anita Park, located at 2000 Bell Street in the Arden-Arcade neighborhood, is the brainchild of 16-year-old Eagle Scout candidate Logan Brown. A member of Boy Scout Troop 161,

which meets at Arcade Wesleyan Church, Brown has been disc golfing for only a few months.

"I've known about (disc golf) for years, but I've only played it a few times so far," he said. "It's fun, it's quick, and it doesn't

take a lot of effort to have fun."

A lack of regulation disc golf courses inspired Brown's idea for the project; in the past, he and other members of Troop 161 would use items like laundry baskets and trashcans to create makeshift disc golf courses in area parks.

Disappointed by the lack of a permanent disc golf course for him and his friends, Logan began writing letters to area park districts last August, offering to build a disc golf course at an appropriate park site. The Fulton-El Camino Recreation and Park District (FECRPD) showed an immediate interest in Brown's offer, since the district had wanted to install a disc golf course for some time but had lacked funds to do so.

"We knew there was a Scout who wanted to have an Eagle Scout project and we knew he was interested in building a course, so it was a great match," explained FECRPD Superintendent of Parks Mike Grace.

The FECRPD asked Brown to perform a neighborhood survey to judge interest in the course's construction. Brown went door-to-door, asking residents near Santa Anita Park for their opinions about the park potentially being home to a disc golf course. After Brown obtained 82 percent positive responses, the FECRPD District Board approved revising the master plan for the roughly six-acre Santa Anita Park this February, paving the way for construction of the disc golf course.

There was, however, a vocal group that opposed construction of the course, fearing it would disturb cranes, geese, ducks, and other wildlife that inhabit and visit the tranquil park.

"There was a contingent from that neighborhood who did not want the natural beauty of the park infringed upon, so the board took that input and went about seeing what sort of balance could be struck," said Grace. "In the end, an

See Frisbee, page 15

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# Frisbee: Friends, families, businesses and Rotary raised funds for new disc course

Continued from page 14

altered, much shorter disc golf course was offered, to minimize the chances of Frisbees flying into neighbors' backyards."

Brown said a public hearing about the proposed disc golf course was the most challenging step of the entire process.

"There were some neighbors who were very loud about not wanting the course; they protested and they emailed me repeatedly," Brown recalled. "But a wildlife conservationist came up to me at the grand opening of the course and told me the wildlife the people worried would be disrupted were (not native) to this area anyway.

Once the FECRPD board approved the course's construction, Brown had to plan the revised course and oversee its fundraising and its construction. He ended up collecting close to \$2,800 in three months.

"I did a lot of begging," he admitted with a chuck-

le. "We held a car wash, and I wrote letters asking for support to friends, family, and businesses, asking them to sponsor a hole. The Arden Arcade Rotary Club really stepped up and donated \$1,000."

Brown's buddies from Troop 161 assisted with the course's construction, and Brown said his fondest memory from the entire experience is of him and his Troop 161 cohorts playing the initial round on the brand-new course.

The end result of Brown's effort, Grace said, is a course that should appeal to beginning disc golfers.

"I think the clientele largely will be novices and kids, though the course will allow experienced disc golfers to sharpen their skills and to play a quick nine holes," Grace said. "I think Logan and all the other scouts did an admirable job."



Photo courtesy

Disc golf is a game in which individual players throw a flying disc into a basket or at a target. It can be fun for the whole family.

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# 'That's-a Italian' – Authentic New York flavor at Giovanni's Pizzeria

By **SUSAN LAIRD**  
Arden-Carmichael News editor  
susan@valcomnews.com

When displaced New Yorkers walk through the door of Giovanni's Old World New York Pizzeria in East Sacramento for the first time, it is not uncommon for them to stop dead in their tracks, inhale deeply and then reach in their pockets for their cell phones.

This reaction does not surprise John Ruffaine, co-owner of Giovanni's, in the least. It is something he has come to expect, and to reflect upon with pride as a native of Bedside, Brooklyn himself.

"I've had people literally cry at my counter because they were so happy," he said. "They walk in the door, and they know they've found a taste of home. They can tell just from the smell."

*"We use only the finest ingredients. If it's not made from scratch, it's imported from Italy or New York."*

The sign on the building says "New York" pizza, and that is what John prepares for his customers every day. He is committed to providing Sacramento's pizza lovers with the "real deal."

"This is real Italian pepperoni," he said as he prepared a pizza pie. "And this is real mozzarella from New York. We don't throw dough here – we stretch it. Those guys who throw dough around aren't authentic. Nobody in New York or Italy does that."

John so enjoys making pizzas that customers sometimes laughingly accuse him of not wanting to hand it over to them. He seems to work with a perpetual smile on his face as he crafts each pizza. He is passionate about producing a pizza that is as New York as possible. He was taught by those in the know, in the Italian neighborhoods of New York. The recipes are Old World Italian.



Chris Rodrigues, daytime manager at Giovanni's Pizzeria, prepares three large pizzas for hungry customers.

"I made my first pizza when I was eight years old," he said. "I was helping my mom in the kitchen. Old time Italians taught me, if you made a mistake you got more than just a payment – if you know what I mean."

John with his wife, Jenny, and Carlo and Allison Grifone founded Giovanni's in 2001.

"We're two Italian American families, and

our families are from Salerno, Sicily and Calabria," he said. "A lot of what's on our menu is inspired from Southern Italy – it's actually what they use in their pizza. We don't use any enhancers. What you are getting is genuine flavor and texture. We use only the finest ingredients. If it's not made from scratch, it's im-

See Giovanni's, page 17



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# Giovanni's: Families, sports teams, business groups gather to enjoy pizza

Continued from page 16

ported from Italy or New York."

Sizes are larger than what most Sacramento residents are used to seeing. A large at Giovanni's is a generous 16 inches across – a good value for a hungry family.

A standard Pizza Pie is made with Giovanni's tomato sauce, mozzarella, extra virgin olive oil and spices (Large, \$17.95). The Little Italy is generously topped with meatballs, ricotta, garlic and spices (\$11.95 for small, up to \$24.75 for large).

Specialty pizzas are featured every three weeks.

"The specials focus on different regions of Italy," John said. "Those are true Neapolitan pizzas."

Customers can't get enough – they are tremendously loyal.

"My mother is from New York and I've been out there lots of times. This is the closest thing around here to a real New York pizza," said Tony Brown, Sacramento resident and loyal customer. "Not to mention, I like the customer service. John treats you real well."

The pizzeria is large and spacious – intended for

families and community gatherings.

"This is where baseball teams come after the game," John said. "It's where families gather. It's where a kid can get his first job and bring his first date. And I've seen that happen a lot in the last nine years."

"Giovanni" is Italian for John. His name, quite literally, is on the building. He is also known for his support of local schools and charities. Many a Giovanni's pizza has raised funds for a worthy cause.

"There's a lot of action behind what I do," John said. "My name is on the building. I care about this business and the community. We help everyone in the community. Those kids are the future."

Giovanni's Old World New York Pizzeria is located at 6200 Folsom Boulevard in Sacramento. A second location is at 5924 South Land Park Drive in Sacramento. Visit [www.giosnypizza.com](http://www.giosnypizza.com) and their page on Facebook.



Arden-Carmichael News photos, Tom Paniagua

A "Pizza Rustica" is lovingly placed into the oven to bake to delicious perfection by John Ruffaine, the "Giovanni" of Giovanni's Pizza.

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# CALENDAR

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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## OCTOBER

**'Wayne Thiebaud: Homecoming'**  
Through Nov. 28: Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Beginning bridge lessons

Through Dec. 7: Learn party bridge procedures with the Greenhaven Community Bridge Group. Lessons on evaluating hands, bidding, card play and coaching, keeping score, partner support strategies. Become more comfortable and confident in playing bridge socially. Meet new people; bring a spouse, friend or neighbor. All are welcome. \$10 for materials. 7 p.m.-9 p.m. Greenhaven Lutheran Fellowship Hall, 475 Florin Rd. (across from Kennedy High School). Dale or Barbara, (916) 424-3925

### 'Tomorrow's Legacies'

Through Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Big Band Dance

Oct. 28, Nov. 4, 11, 18, 25: Dance to the rhythms of the Big Band era. Every Thurs. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

### Food Addicts Anonymous

Oct. 28, Nov. 4, 11, 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic

#### Disease group

Oct. 28, Nov. 4, 11, 18, 25: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

### Rotary Club of East Sacramento

Oct. 28, Nov. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

### Rotary Club of Pocket/Greenhaven

Oct. 28, Nov. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

### Sutterville Heights Optimist Club

Oct. 28, Nov. 4, 11, 18, 25: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

### Toastmasters

Oct. 28, Nov. 4, 11, 18, 25: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Lantern cemetery tour

Oct. 29, 30: Get into the "spirit" of the season. Costumed docents tell the stories of historic and notable cemetery residents by lantern light as you venture further into the shadows of the Sacramento Historic City Cemetery. Bring your imagination and a flashlight. \$30, tickets must be purchased in advanced. Tours commence at 6 p.m., 8 p.m., and 10 p.m. Cemetery main gate, Broadway & 10th St. Parking available across the street. Visit www.oldcitycemetery.com for information on purchasing tickets. (916) 448-0811

### Rotary Club of Point West

Oct. 29, Nov. 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

### Soroptimists of Sacramento

Oct. 29, Nov. 5, 12, 19, 26: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

### Car wash fundraiser

Oct. 30: Get your dirty vehicle sparkling clean at this car wash fundraiser for the John F. Kennedy High School Marching Band. \$5. 7:30 a.m.-12:30 p.m. Kennedy High School parking lot, 6715 Gloria Dr. Sac. (916) 433-5200

### Food Addicts Anonymous

Oct. 30, Nov. 6, 13, 20, 27: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

### Free SAT practice test

Oct. 30: High school students can prepare for college admission by practicing with the real SAT test given under real test conditions, for free. Kaplan Test Prep staff will administer the SAT practice test at 12 noon, at Carmichael Library, 5605 Marconi

Ave., Carmichael. There will be a follow-up session on Nov. 3 at 6 p.m. for SAT test results and valuable test-taking tips. Registration is required at the library branch, online at www.saclibrary.org, or by calling (916) 264-2920

### Harvest festival

Oct. 30: Mini bazaar with home goods, crafts, gifts, raffle, food, sit-down dinner, more. Free admission to bazaar. Reservations necessary for dinner, \$10 adults, \$5 children, under 5 - free. 3 p.m. First Christian Church, 3901 Folsom Blvd., Sac. (916) 362-6164

### Urban Farm Stand

Oct. 30, Nov. 6, 13, 20: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.-1 p.m. www.soilborn.org

### Women's heart health

Oct. 30: Dr. Maxine Barrish-Wreden will discuss risks, symptoms and prevention of heart disease. Hosted by Sacramento AAUW. 10 a.m. Arden Dimick Library, 891 Watt Ave., Sac. (916) 972-7298

### Co-Dependents Anonymous

Oct. 31, Nov. 7, 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

### Community Sunday breakfast

Oct. 31, Nov. 7, 14, 21, 28: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### Halloween family fun

Oct. 31: Looking for a fun time on Halloween? Enjoy music, fun games, cake walk, face painting, pumpkin painting, caramel apple making, popcorn, cotton candy and hot apple cider with goodies. This event is for children of all ages to dress up in their Halloween costumes and have some fun. Free. 2 p.m.-5 p.m. Northminster Presbyterian Church, 3235 Pope Ave., Sac. (916) 487-5192

### Harvest festival

Oct. 31: Come enjoy the Harvest Festival at Riverside Wesleyan Church. Free to the community. All are welcome. 6 p.m.-8:30 p.m. 6449 Riverside Blvd., Sac. (916) 391-9845

## NOVEMBER

### Co-Dependents Anonymous

Nov. 1, 8, 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.



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# Wall of Honor pays tribute to local veterans, other local heroes

By LANCE ARMSTRONG  
Arden-Carmichael News writer  
lance@valcomnews.com

One of the Carmichael Recreation and Park District's most unique parks, Patriots Park, will add one more name to its Wall of Honor during a special ceremony on Saturday, Nov. 6 at 10 a.m.

Although the park is only three years old, many who are familiar with this 3.68-acre neighborhood park know that it is far from an ordinary recreation and leisure spot.

At the center of the park sits a 20-foot-long by 3-foot-tall by 3-foot-wide concrete and stone wall with much more significance than its durable materials.

Recognized as the Wall of Honor, the wall is so significant, in fact, that when the park was dedicated on Nov. 15, 2008, an entirely separate dedication was held on the same day to present the Wall of Honor and its first inductees to the public.

The park, which is located just east of the Carmichael-Fair Oaks border at 6827 Palm Avenue, off Dewey Drive, features the latest in park designs with walking paths, a playground, a picnic



Photographs of the Wall of Honor's first inductees sit on the wall in 2008.

Photo courtesy of Carmichael RPD

area, a basketball court and a butterfly garden.

But it is the Wall of Honor, which is the park's most treasured feature.

The wall features 11 plaques with the names of local heroes, who gave their lives serv-

ing their country or community.

The Nov. 6 ceremony will honor former Navy pilot, Lt. j.g. David A. Warne, who was lost at sea at the age of 27 on Jan. 12, 1991 during a nighttime training mission over the Mediterranean Sea.

Tracy Kerth, recreation services manager of the Carmichael Recreation and Park District, explained the background of the creation of the Wall of Honor.

"We were trying to name the park and the community came forward and they said, 'Well, how about we name it after this young man (the late Army Sgt.

Ronald L. Coffelt), who grew up in the area and his family still lives here.' But then we started thinking about all of our heroes. So, then we thought about naming (the park) Patriots Park and having a Wall of Honor and that would include not only military people, but it would include firefighters and police and CHP and Sheriffs and civilians who died in the line of duty."

With the creation of the wall, such local heroes who resided, worked in or served the community within the park district boundaries could be honored as part of this lasting monument.

This honor is available to those who showed acts of courage beginning as early as 1945, when the district was established.

Nominations for candidates for the Wall of Honor are accepted until July 31 every year.

Official nomination forms are available through the district's Web site [www.carmichaelpark.com](http://www.carmichaelpark.com) or by calling (916) 485-5322 to arrange for a form to be mailed via the United States Postal Service.

### The first inductees

The first inductees to have their names placed on plaques

See Wall of Honor, page 23

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# Wall of Honor: Special ceremony to honor new inductee Nov. 6

Continued from page 22

and displayed on the Wall of Honor were:

**Army Sgt. Ronald L. Coffelt:** As previously mentioned, Coffelt was the inspiration for the Wall of Honor.

Raised within walking distance from the park, Coffelt, a graduate of Del Campo High School, died on July 19, 2007 from wounds that he suffered as a result of a bomb that exploded near him in Baghdad.

**Army Spc. Raymond Nigel Spencer, Jr.:** Spencer, who was raised in Carmichael and excelled in hockey during his youth, was killed less than a month prior to Coffelt's death when insurgents attacked his unit with an improvised explosive device and small arms fire.

**Sheriff Deputies Kevin Patrick Blount and Joseph Kievernagel:** Blount and Kievernagel, who worked as partners in the North Division serving Carmichael, lost their lives during a burglary call on July 15, 2005, when the engine of the helicopter they were flying failed and the helicopter crashed.

**CHP Officer Ronald Eugene Davis:** Following his graduation from the California Highway Patrol academy, Davis moved his family from Carmichael to Barstow.

Davis died at the age of 25 when he was driving about 100 miles per hour while en route to a traffic accident.

When a pair of motorists failed to heed his siren, Davis, in order to avoid a collision, died when he drove off the highway into the desert.

**Army 1<sup>st</sup> Lt. Robert Scott Byrnes:** A graduate of La Sierra High School, Byrnes, a former lifeguard and swimming instructor at Carmichael Park, lost his life in Vietnam.

**Firefighter Dean Wesley Rhoades:** An El Camino High School graduate, Rhoades died shortly after fighting a house fire in Carmichael on Jan. 6, 1981.

## The second inductees

Last year, plaques for the following inductees were also added to the wall:

**Army Spc. James Edward Schlottman:** An El Camino High School graduate, Schlottman was killed by a booby trap while on patrol in Vietnam on Aug. 22, 1967.

**Sgt. Brian E. Dunlap:** A graduate of Del Campo High



Photo courtesy of Carmichael RPD

Navy Lt. j.g. David A. Warne will become the twelfth local hero to have his name placed on the Wall of Honor.



Arden-Carmichael News photo, Lance Armstrong

Tracy Kerth, recreation services manager of the Carmichael Recreation and Park District, observes a photograph of the wall's newest inductee, Lt. j.g. David A. Warne.

School, Dunlap was killed at the age of 38 on Sept. 24, 2005, when a roadside bomb exploded during his patrol in northern Baghdad.

**Sgt. Larry Morford:** The courage of Morford is recognized in the book, "The Least Beastly," by Bernard "Burn" Loeffke.

Within a memorial tribute to Morford in this book, it is explained that despite being a young man who did not believe in war as a method of resolving disputes, Morford felt that he could not stay at home knowing that other young men were fighting for his country.

On Feb. 12, 1970, Morford, a graduate of La Sierra High School, was killed at the age of 21 in Vietnam while serving in his patrol just a few days prior to when he was scheduled to return home.

**Cpt. Olin E. Gilbert, Jr.:** While flying an F-106 in a training mission at Tyndall Air Force Base in Florida on June 11, 1968, Gilbert was met with the plane's sudden mechanical difficulties.

Instead of parachuting to safety, Gilbert, a Vietnam veteran, piloted the plane out to sea and away from coastline homes in Port St. Joe, Fla.

This act of heroism cost Gilbert his life, but in turn saved the lives of many other people.

## A special honor for a local hero

Unlike the previous two Wall of Honor ceremonies,

the upcoming Nov. 6 ceremony will honor only one inductee.

This year's inductee, David A. Warne, formerly resided in Fair Oaks and graduated from Sacramento State University in 1985 with a bachelor's degree in mechanical engineering.

David, who enjoyed skiing and fishing and briefly worked at Aerojet prior to entering active duty in the Navy in 1987, completed his pilot training two years later and was assigned as an F/A-18 pilot.

Although David has a marker in the Arlington National Cemetery, since his body was never recovered after he was lost at sea, it was not possible for his remains to be buried in a local cemetery.

Because of this fact, David's family and some of his closest friends, who will be attending the event, are additionally appreciative that David will have his name officially placed on the Wall of Honor.

David's mother, Betty Warne, recently expressed her appreciation that her son will have a local memorial to honor him.

"We don't have the grave marker here in the area for him, so that's really nice to have (David's name on the Wall of Honor) here in this area," Betty said.

David's father, Evans Warne, a retired Air Force colonel, pilot and Vietnam veteran, also expressed his ap-

preciation that his son's name will be placed on the wall.

"(Having David honored on the wall) means an awful lot to me," Evans said. "It means that somebody is recognizing his service and that whoever goes to that park will realize what a sacrifice he made and recognize what he did."

Lee Ann Yarber, administrative analyst of the park district, said that the ceremony, which will also be attended by park district advisory board

members and Sacramento County District 3 Supervisor Susan Peters, is a great opportunity for the community to show appreciation for David, as well as other heroes of the Wall of Honor.

"We absolutely invite all the community to come out – anybody who ever lost a loved one or anybody who wants to pay honor to the family of the fallen hero," Yarber said. "It's just a nice ceremony, so come on out and honor our local heroes."

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